

BOROUGHLOCH MEDICAL PRACTICE

MEDICS ON THE MEADOWS

Social prescribing - linking patients to non-medical support in their community.

SEXUAL HEALTH

www.lothiansexualhealth.scot.nhs.uk

The Lothian Sexual Health website has been created to provide reliable and straightforward information about sexual health & services for people in Lothian.

Here you can access support, services and information on contraception, pregnancy, sexually transmitted infections (STI) and sexual problems. You can also find out more about the specialist clinics provided in Chalmers Sexual Health Centre.

www.rapecrisisscotland.org.uk

Rape Crisis Scotland provides a national rape crisis helpline and email support for anyone affected by sexual violence, no matter when or how it happened. The helpline is open from 6pm to midnight, 7 days a week, and offers free and confidential initial and crisis support and information.

Freephone 0808801 03 02. If you are looking for support by email, please write to support@rapecrisisscotland.org.uk

Sexual Problems Clinic

There is a considerable waiting list for the sexual problems clinic at present. There are a number of other sources of help for people with sexual difficulties which patients may wish to consider.

College of Sexual and Relationship Therapists (COSRT)

This is the professional body which provides membership and accreditation for appropriately qualified psychosexual therapists across the United Kingdom. The website provides contact details for all qualified and accredited psychosexual therapists who are members of COSRT. Provide useful on-line information, for the general public about a number of topics, including relationship difficulties, common sexual problems, sexual and gender identity, sex and disability and sex after a diagnosis of cancer. It also provides useful links to related books and websites.

Tel: 0208 543 2707 Email: info@cosrt.org.uk Website: www.cosrt.org.uk

Couple Counselling Lothian 9a Dundas Street, Edinburgh, EH3 6QG Tel: 0131 556 1527

Relationships Scotland (which has branches across Scotland) Administrative Headquarters: 18 York Place, Edinburgh, EH1 3EP Tel: 0845 119 2020 Website: www.relationships-scotland.org.uk

A fee will be charged for counselling provided by private therapists. Couple Counselling Lothian and Relationships Scotland also charge for counselling but operate a sliding scale fee based on income and ability to pay. www.cosrt.org.uk